



Rome Free Academy

(G) 7/8TH Swimming/Diving

Coaches:

- Salvatore Carollo, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Sep 7, 2022	Wed	Practice	N/A	2:30 PM		RFA Pool			
Sep 8, 2022	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 9, 2022	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 12, 2022	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 13, 2022	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
CANCELLED Sep 14, 2022	Wed	Practice	N/A	2:30 PM	3:30 PM	RFA Pool			
Sep 15, 2022	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 16, 2022	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 19, 2022	Mon	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 20, 2022	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 21, 2022	Wed	Scrimmage	West Canada Valley, Holland Patent, Utica Proctor (JFK/DMS), TBD	4:30 PM		RFA Pool			L
Sep 22, 2022	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
CANCELLED Sep 22, 2022	Thu	Regular Season	@ West Canada Valley	4:30 PM		WCV Pool			L
Sep 23, 2022	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
CANCELLED Sep 26, 2022	Mon	Regular Season	@ Adirondack	4:30 PM		Pool			L
Sep 27, 2022	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
CANCELLED Sep 29, 2022	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 30, 2022	Fri	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Sep 30, 2022	Fri	Regular Season	@ Utica Proctor (JFK/DMS)	4:30 PM		PHS Swimming Pool	Bus/Driver: First Student - Wael B. 315-395-8395 BUS 9152	Departure Point: RFA Bus Loop Departure Time: 3:30 PM	L
Oct 3, 2022	Mon	Regular Season	Holland Patent	4:30 PM		RFA Pool			L
Oct 4, 2022	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Oct 5, 2022	Wed	Regular Season	@ Holland Patent	4:30 PM	7:30 PM	Holland Patent HS-Pool	Bus/Driver: First Student - John S. 315-886-9795 Bus 9171	Departure Point: RFA Bus Loop Departure Time: 3:30 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Oct 6, 2022	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
CANCELLED Oct 7, 2022	Fri	Regular Season	@ Adirondack	4:30 PM		Pool			L
Oct 11, 2022	Tue	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Oct 12, 2022	Wed	Regular Season	@ Adirondack	4:30 PM	7:30 PM	Pool	Bus/Driver: First Student - Steve 315-240- 8526 Bus 9153	Departure Point: RFA Bus Loop Departure Time: 2:45 PM	L
Oct 13, 2022	Thu	Practice	N/A	2:30 PM	4:00 PM	RFA Pool			
Oct 14, 2022	Fri	Scrimmage (Mod Relays)	Holland Patent, Adirondack, Utica Proctor (JFK/DMS)	4:00 PM		RFA Pool			L
Oct 17, 2022	Mon	Regular Season	Utica Proctor (JFK/DMS)	4:30 PM		RFA Pool			L
POSTPONED Oct 19, 2022	Wed	Regular Season	TBD	4:30 PM		RFA Pool			L

Date: 2026-03-07